

Nutrition Updates

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New Formula!

Similac Total Comfort is now available:

- Powdered only: 12.6 oz. can
- Reconstitutes to 90 oz., same as others
- Indicated for “discomfort”
- Similar to Enfamil Gentlease
- Check with local stores
before issuing



New Formula!

- Whey protein hydrolysate (part. broken down)
- Has DHA/ARA, Prebiotics
- Reduced lactose, NOT lactose free
- Can view more details at similac.com
 - “For Professionals”
 - Brands/Products/Similac...
 - OR download product guide



Breastfeeding Advice

- Please do **not** recommend herbs such as Domperidone for increasing milk production
- FDA has not approved
- Has many conflicts with medications, alcohol, etc.
- Milk production is side effect, not intended purpose
- Make sure all advice is evidence-based or refer out

Risk Codes

- E-Cigarettes
 - Cannot assign any risk codes for use or exposure to
 - Not enough evidence about health effects
 - May still counsel or refer for cessation

Nutrition Education

- Encourage you to be creative with forms of education
- Is EFNEP or SNAP-ed doing classes in your area?
- Are participants doing a breastfeeding class?
- How is wichealth.org going?
- Count these toward education
- Documentation is key to getting credit
 - Is there a certificate of attendance or class outline that can be scanned in?